

ABSTRACT

An apparatus and method for massaging a selected body part is provided. Generally, the apparatus is a handheld massager having a first massage end separated from a second massage end by a handle. Each end of the massager can be independently activated using separate motors. If the user chooses, both ends can be simultaneously activated. With this handheld massager the user can apply massage therapy to any desired body part by guiding the massager with the fingers of the user.